

PHYSICAL FITNESS PROGRAMS

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

Day: Tuesday & Thursday

Date: Session I: September 5 - September 28

Session II: October 3 - October 31

Session III: November 2 - November 30

Session IV: December 5 - December 28

*No Class November 23

Time: 7:15 p.m. - 8:45 p.m.

Fee: \$45 per session (resident) \$67.50 per session (non-resident)

Drop-in Fee: \$6 per class (resident) \$9 per class (non-resident)

Family Rate: \$40 (resident) when 2 or more register for the same session

\$60 (non-resident) when 2 or more register for the same session

Age: 15 & Older

Location: Kiwanis Center



LINE DANCING

Line dancing builds confidence. It also provides a foundation for broadening your dance experience. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity. It also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music which include country, rap, pop, hip hop, and line waltz to various artists including, Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jessta James, Laura Bell Bundy, and many, many more.

WEEKLY PM CLASS

Day: Monday

Date: Session I: September 11 - October 2

Session II: October 9 - October 30

Session III: November 6 - November 27

Session IV: December 4 - December 18

Time: Beginner: 6:30 p.m. - 7:30 p.m.

Intermediate: 7:30 p.m. - 8:30 p.m.

Fee: Session I, II, III: \$30 per session (resident) \$45 per session (non-resident)

Combo: \$45 per session (resident) \$67.50 per session (non-resident)

Fee: Session IV: \$25 per session (resident) \$37.50 per session (non-resident)

Combo: \$40 per session (resident) \$60 per session (non-resident)

Age: Adult

Location: Kiwanis Center

Line Dancing

recreation@fayettecountyga.gov • 770.716.4320

https://fayettecountyga.gov/parks_and_recreation/

Registration: <https://secure.rec1.com/GA/fayette-county-ga/catalog>

LINE DANCE PARTIES

- Day:** Session I: Friday
Session II & III: Saturday
- Date:** Session I: September 15
Session II: October 21
Session III: November 18
- Time:** 7:30 p.m. - 10:00 p.m.
- Fee:** \$5.00 per session (non-student) \$7.50 per session (non-resident)
- Age:** Adult
- Location:** Kiwanis Center



ZUMBA

Zumba is a fun fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - to help improve cardiovascular fitness. Please be sure to arrive a few minutes early and silence all cell phones to ensure that everyone experiences the most enjoyable environment possible!



- Day:** Wednesday & Friday
- Date:** Session I: September 6 - September 29
Session II: October 4 - October 27
Session III: November 1 - November 29
Session IV: December 6 - December 29
No Class November 24
- Time:** 10:30 a.m. - 11:30 a.m.
- Fee:** \$40 per session (resident) \$60 per session (non-resident)
- Drop-In:** \$10 (resident) \$15 (non-resident)
- Age:** 16 & Older
- Location:** Kiwanis Center

